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# the BEACON

Breast Cancer Network Australia's Magazine Issue 27 Winter 2004



*The Hon. Trish Worth cuts the ribbon at the My Journey Kit launch, as Raelene Boyle, Ann Hollingworth, Ros Kelly and Lyn Swinburne look on.*

## The My Journey Kit is launched

*Amid great excitement and after five years of planning, hard work and input from women across Australia who have experienced breast cancer, we launched the My Journey Kit in Melbourne's Federation Square on May 3.*

We were joined by a bevy of high-profile breast cancer survivors for a ceremony that highlighted our passion to help women newly diagnosed with the disease.

**Raelene Boyle, Ros Kelly, Lorraine Elliott, Ann Hollingworth, Karen Hayes and Trish Worth** arrived at the ceremony by horse-drawn carriage as a symbol of the journeys they had all undertaken with the disease.

You may be shocked to know that every day at least 30

Australians will be told that they have breast cancer and so their journeys will begin.

The My Journey Kit is our gift to them and it comes with the practical lessons we have learnt and the advice we would like to pass on to those 30 women.

We have included more information about the Kit in this issue of *The Beacon*, with the hope that you will promote it to any recently diagnosed women you might come across.

For women diagnosed with breast cancer during the past 12 months, the My Journey Kit is available without cost by phoning **1300 785 562**.

The feedback has been overwhelmingly positive.

We know the Kit will be a practical way for us to help. You will find a promotional postcard within this *Beacon* and we now ask you to help spread the word in your own communities.

If you want to be more proactive, we have posters to accompany the postcards and can send you these to display in shops and workplaces.

I would like to thank all the readers of *The Beacon* who have sent us their thoughts, answered surveys about recommended resources and services, helped us to raise the funds to work on the project, and given us support and encouragement.

*Lyn Swinburne*  
Chief Executive Officer

## A fabulous response to the launch of the My Journey Kit

From the first TV appearance at 8.40am on May 3, the phones at the KAZ contact centre started ringing.

In the first week, 847 kits were despatched to women diagnosed with breast cancer within the previous year.

We were so glad to have the contact centre services of KAZ in place, as there is no way the small BCNA office could have managed this sort of response.

The women who have phoned **1300 785 562** have heard the dulcet tones of **Raelene Boyle** walking them through a short series of questions.

We have been pleased to receive feedback from various women, who said that even though they were apprehensive about the automated system they were pleasantly surprised by how easy it was to use.

Breast  
Cancer  
Network  
Australia



## All your My Journey Kit questions answered

### 1. Where did the idea come from?

In 1999, the women from the Northern Territory Breast Cancer Voice developed a simple folder to encourage women to ask for their pathology reports and to keep their medical records in one place. Since then, the basic concept has grown into a comprehensive information resource, and a place to capture and store important details.

### 2. Why do we be know the Kit will be useful?

The Kit's contents have been put together by women who have experienced breast cancer themselves, know how it feels and understand what information women seek. The Information Guide inside the Kit is full of photos and quotes from those who have 'been there and done that'.

In 2003, we ran a national pilot study with 80 newly diagnosed women to make sure we had it as right as possible.

### 3. How can newly diagnosed women get a free Kit?

They can ring **1300 785 562**, which operates 24 hours a day, seven days a week.

They will hear Raelene Boyle's recorded voice asking them some key questions and their contact details. A Kit will then be forwarded to them by post, arriving within 2-5 working days.

### 4. I was diagnosed several years ago, but would like a copy of the Kit. Is that possible?

The Kit is most useful for women who are very newly diagnosed, but we believe that it will still be helpful for women



*Prominent breast cancer survivors rode in a horse-drawn carriage to the launch to symbolise the journey they have each taken. Left to right: Lorraine Elliott, Kerrie Milburn-Clark, Ann Hollingworth, Raelene Boyle, Ros Kelly, Lyn Swinburne, Karen Hayes and Trish Worth.*

while they are undergoing their treatment, hence our requirement for women to be within 12 months of their diagnosis for a free copy. If you would like to buy a Kit, they are available for sale at \$45 (including postage) by phoning us at BCNA on 1800 500 258.

### 5. What women are telling us about the kit?

Within days of the launch of the Kit we had received calls from women who had ordered their Kit and couldn't wait to tell us how useful it is.

"I have to say it looks fabulous! It

is much more detailed than I thought – you should all pat yourselves on the back. This is an initiative that is going to change people's journey for the better!"

"I live in rural NSW – so far away from services – I was so happy to get the Kit. It has already been really helpful."

### 6. What are doctors and nurses saying about the Kit?

We have sent a copy of the My Journey Kit to breast surgeons and breast care nurses across Australia, as well as multiple copies of the

promotional postcard that has been included in this issue of **The Beacon**.

We are hoping that health care professionals will introduce women diagnosed with breast cancer to the Kit soon after their diagnosis.

We are asking them to encourage – even assist women – to call and order their My Journey Kit there and then.

We have been delighted with the response to date from health professionals who have received the Kit. Many have already asked for additional promotional postcards, so that they can pass the word on to their patients.

"The Kit is fabulous for my patients," said one surgeon.

An e-mail from a nurse in a private hospital said, "I would like to sincerely congratulate all those who participated in your wonderful kit. It's soooo good. So much work would have gone into this, so much information with questions and answers! It's just great. Well done!"

### The My Journey Kit is endorsed by:

- The Royal Australasian College of Surgeons
- The Medical Oncology Group of Australia
- The Royal Australian College of General Practitioners
- The Royal College of Pathologists of Australia
- The Cancer Nurses Society of Australia
- The Royal Australian and New Zealand College of Radiologists
- The Royal College of Nursing Australia

## Help us spread the word

The *My Journey* Kit is available free to women diagnosed with breast cancer in the past 12 months. In fact, Breast Cancer Network Australia wants to get the Kit to Australians affected by breast cancer within two weeks of their diagnosis.

If you know of someone who has been diagnosed with breast cancer in the past 12 months, please make sure they know about the *My Journey* Kit.

If they don't have a copy they can phone the *My Journey* Kit request line on 1300 785 562. This is a 24-hour-a-day automated service.



*Several of BCNA's State Reps were at the launch to represent the women all across Australia affected by breast cancer: Joan Williams and Karen Forster (Tasmania), Lyn Swinburne (BCNA CEO), Susan Tulley and Michelle Hanton (Northern Territory), and Anna Wellings Booth (ACT).*

At BCNA, we respect every woman's right to privacy, so we ask that you don't make the call on someone else's behalf unless you have her explicit permission.

We are only able to provide the Kit free to people resident in Australia and diagnosed within the past 12 months.

## What are the *My Journey* Kit's key recommendations?

- **Think about what you need** to get you through this time and use the *My Journey* Kit to help.
- Recognise that these days **most women survive** breast cancer.
- Be an active participant in your health care.
- **Get the information you need** to manage your health in the best way for you.
- **Take one step at a time** – breaking down this experience into small pieces might make it more manageable.
- **Ask questions** – and make sure you understand the answers.
- Ask your doctors to **write down the key points from each important consultation**.
- **Don't rush** your decisions.
- **Speak up** if you have concerns, worries or questions.
- **Consider taking someone close to you** to doctor's visits and appointments to help collect, remember and collate the information you are given.
- Try to **find a medical team** that will work for and with you.
- Allow people to help and support you and your family – **don't be afraid to ask for help**.
- Think about **keeping a written diary** or journal.
- **Store your medical records** in one place.

## How can BCNA offer the Kit free of charge?

Developing, testing and producing the *My Journey* Kit has been a very expensive process. We have been raising funds over the years to keep the process happening and so have many people to thank. Our major sponsors have been sensational:

- Bakers Delight has provided our office requirements;
- KAZ has established a contact centre and national database so that we can hear from women and capture their contact details;

- Australia Post's ParcelPost satchels ensure that the Kits make it to the women as soon as possible; and
- the Australian Government has given us a grant of \$200,000 to help us launch and implement our project in 2004.



**Australian Government**  
Department of Health and Ageing



## What's in the Kit?

The *My Journey Satchel* is a convenient place to store the Kit's contents and any other documents to save along the way.

1. The *My Journey Information Guide*, which offers information, resources and tips from women.
2. The *My Journey Personal Record* (to keep in a handbag), which offers a place to record:
  - past medical history and contact details;
  - treatments received and how you coped with them;
  - dates of tests and results; and
  - questions to ask your health care team that arise between appointments.

It also includes a:

- calendar; and
- medical and treatment expenses form.

3. The book, **A guide for women with early breast cancer**, which is a must read!
4. A **list of extra resources** specific to the caller's home State.
5. A copy of *The Beacon*, our free, quarterly magazine.
6. **Brochures** – a number of brochures to guide and assist.



# My Story

## The Hon. Ros Kelly

*This week I helped Breast Cancer Network Australia launch the My Journey Kit. The day brought back many memories of my journey and I wished that I had had the Kit when I began my journey three years ago.*

The Kit would have been useful in remembering all the details of the journey because I simply have forgotten a great deal. I think your mind blocks out so much because of the shock of the experience.

My journey was a fortunate one. I was diagnosed with breast cancer at a very early stage. The diagnosis came from a regular mammogram and ultrasound.

I later delivered a bottle of champagne to the wonderful radiologist who found the cancer – the size of a pinhole. I am still amazed that it could be seen on the screen.

Of course, I did not suspect it to be malignant. After all I was fit, healthy and had no history of breast cancer – little did I know about this invasive disease.

After the biopsy I was in shock. I don't really remember what my doctor said to me. I know he

held my hand when he told me. I was by myself, but I drove straight into my husband David's office and burst into tears. My young son was coming into the city to meet me. I will never forget the look on his face when I told him – he went white.

My doctor said he could not operate on me for about 10 days, as this was just before Easter. Those 10 days were the longest of my life.

### Family and friends

My family and friends helped me enormously through that time, but I will always be indebted to the women I knew who had had breast cancer, who had survived and shared their stories with me.

My daughter's friend's mother, Fran, arrived on Easter Monday and simply said that the doctors would deal with the medical

aspects. "I am here to help with your head," she said.

Fran had had cancer 12 years earlier and was now healthy and full of energy – she was my beacon.

Another breast cancer mate sent me a parcel of beautiful music and chocolates just at a time when I had decided to throw away all the self-help and survival books because I found them too depressing.

The operation was, in a way, easier. I am an action-oriented person, so I felt like I was doing something positive to get rid of the cancer after all the waiting.

My surgeon was wonderful and I had full confidence in him. We were also using the sentinel node biopsy technique, which the surgeon had been using for 18 months.

### Waiting

After the operation – a partial mastectomy – there was more waiting to get the results of the gland analysis.

I think the day I came home from hospital and was waiting for the results was the worst day of my life – it was a Thursday.

At 7pm David rang me to tell me to get a bottle of champagne – the surgeon had rung and told him the glands were clear.

After that nothing else was hard. Not the radiotherapy, the flushes, the sleepless nights or even tamoxifen.

I started on a journey that I never anticipated being on.

I have changed. I have met some great people. I hope I have and will continue to help others who are on the same journey.

*Ros Kelly  
Sydney, NSW*



*Ros Kelly shares her story at the launch of the My Journey Kit.*

# Plant a Mini-Field of Women in 2004

Are you interested in highlighting the effect of breast cancer within your community? Are you keen to promote the *My Journey Kit*? Do you want to promote local breast cancer groups and their services? Do you want to raise the profile of Breast Cancer Network Australia and increase our membership?

If so, our *Mini-Field of Women* is the event for you!

With these objectives in mind, the *Mini-Fields 2004* – held around October 25 to coincide with Australia's Breast Cancer Day – will revolve around planting 100 pink lady silhouettes and giving people in the



*A Mini-Field in Geelong, Victoria, 2003.*

community a chance to sponsor a silhouette displaying their message. The rest of the activities are organised by you. We provide you with a resource

kit, 100 silhouettes and detailed guidelines.

As we are not holding a major *Field of Women* this year, the *Mini-Fields* are taking centre stage in creating awareness throughout Australia.

So far, we have had interest from a diverse range of towns and suburbs nationally, which is extremely exciting. We are hoping to match or exceed the 56 *Fields* planted in 2003.

We are happy to announce that Australia Post is once again generously sponsoring this event.

If you or your breast cancer support group are interested in holding one of these memorable

events, or for further information, phone **Rebecca Montgomery** on 1800 500 258.

*Mini-Fields* confirmed so far for October 2004:

**NSW:** Central Coast, Forbes, Lismore.

**Victoria:** Box Hill, Geelong, Mornington, Ringwood, Shepparton, Wangaratta.

**Queensland:** Albany Creek, Bundaberg, Caboolture, Cleveland, Esk/Boonah/Laidley, Longreach, Toowoomba.

**South Australia:** Yorketown, Robe.

**Western Australia:** Collie, Geraldton, Perth.

**ACT:** Canberra.

## A mini Mini-Field in Antarctica

During the 2003/04 Austral summer (November to March), University of Tasmania Geomatics graduate, **Amy Forster**, undertook fieldwork in East Antarctica as an Australian National Antarctic Research Expedition.

During her 3½ month trip, Amy camped on the Amery ice shelf, an area approximately the same size as Tasmania, taking GPS and seismic profiles of the ice sheet.

Having helped plant about 15,000 silhouettes for the national *Field of Women* in Hobart only the week before departing for Antarctica, Amy seized the opportunity to take a few with her to one of the most southern, extreme and isolated places in the world.



*Amy Forster and a Mini-Field of Women in the Antarctic snow.*

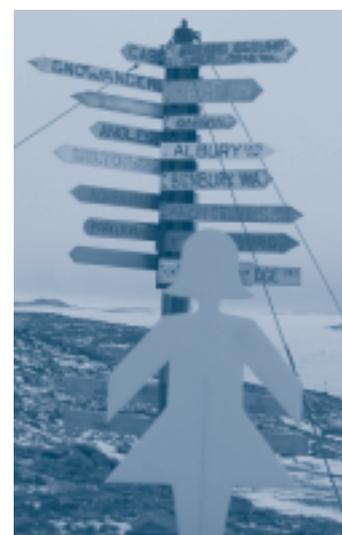
She felt that planting them in the Antarctic ice would highlight the fact that breast cancer can touch

anyone, anywhere, at any time – some past Antarctic adventurers have been touched.

The images of the silhouettes on the white expanse of ice truly served as a stark reminder of the impact of breast cancer in our communities.

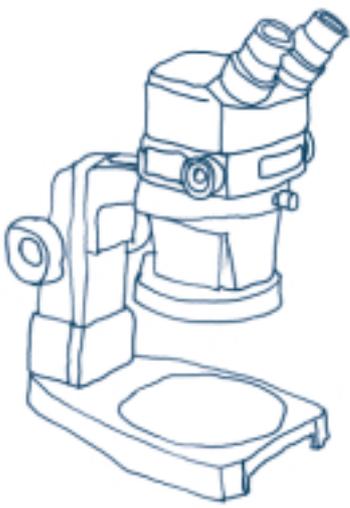
Of the five field party members camped more 600km from Davis, the nearest Australian base, two had been personally touched by the disease. Amy's mum, **Karen Forster**, and the mother of another geophysics student on the base, **Hugh Tassell**, are both breast cancer survivors. Both women are also consumer advocates. In fact, **Karen Forster**, is a Tasmanian BCNA State Representative.

Another geophysics graduate on



*Our pink lady asks, 'Where to next?'*

the base, **Bronwyn Kimber**, is the daughter of **Dr Roger Kimber**, a Tasmanian specialist physician in oncology.



# Research

## Aromatase inhibitors vs tamoxifen

Three recently completed studies have highlighted the benefits of aromatase inhibitors and their potential to replace tamoxifen in the treatment of breast cancer in post-menopausal women.

Aromatase inhibitors are currently used in the treatment of **post-menopausal** women with **advanced disease**, however, new studies have looked at their use in the adjuvant setting for **post-menopausal women with early breast cancer**.

### How do aromatase inhibitors work?

Aromatase inhibitors work in a completely different way from tamoxifen. In post-menopausal women, the production of oestrogen is prevented by aromatase inhibitors while tamoxifen blocks oestrogen receptors in breast cancer cells (and other cells of the body), preventing the transmission of the signal to grow.

There are two different types of aromatase inhibitors (it can be confusing as they are sometimes referred to by their generic names and at other times by their brand names). Anastrozole and letrozole are one type (non-steroidal) and exemestane is the other type (steroidal). The table below shows the generic and brand names.

Generic	Brand
Letrozole	Femara
Exemestane	Aromasin
Anastrozole	Arimidex

### Letrozole study

This study involved 5187 post-menopausal women with receptor-positive early breast cancer who had taken tamoxifen for at least 4.5 years to see if, by taking letrozole after tamoxifen, there could be an improvement in the outcome for women after the discontinuation of tamoxifen therapy. Half the participants took a placebo and the other half took letrozole once a day.

After a follow-up period of 2.4 years, 132 women in the placebo group had a recurrence, compared with 75 taking letrozole. The study was discontinued early by the safety monitoring committee, as it was considered that taking letrozole was so beneficial that those women taking the placebo should be given the chance to take it.

**Side effects:** The most commonly reported side effects were hot flushes, sweating, oedema, musculoskeletal aches and fatigue. Concerns have been raised about the long-term effects of lowering oestrogen levels, in particular the potential for osteoporosis and higher cholesterol levels. A separate sub-study is looking at these issues in more detail. It is recommended that women taking letrozole have tests to check their bone density to detect osteoporosis. Other studies are evaluating strategies to combat these effects.

### Exemestane study

This study of 4742 women with early breast cancer assessed whether switching to exemestane after 2-3 years of tamoxifen was more effective than completing five

years of tamoxifen. Half the participants switched to exemestane and the other half continued with tamoxifen.

After a 30-month follow-up period, recurrence or death occurred in 183 of the exemestane participants and 266 of the tamoxifen participants. Overall, survival did not differ between the groups. The study concluded that exemestane therapy after two or three years of tamoxifen significantly reduced recurrence rates compared with the standard five years of tamoxifen.

**Side effects:** Women in the study on exemestane reported more joint pain, diarrhoea and osteoporosis than women on tamoxifen, but fewer gynaecological symptoms like vaginal bleeding, cramps and a lower incidence of blood clots.

### Anastrozole study

The anastrozole study was made up of 9366 post-menopausal women with early breast cancer divided into three equal groups. One third was given anastrozole, one third tamoxifen and the final third a combination of tamoxifen and anastrozole. After 47 months, anastrozole alone was found to be the most-effective treatment of the three, and the anastrozole/tamoxifen combination the least effective in terms of recurrence and survival.

**Side effects:** Lower levels of endometrial cancer, vaginal bleeding and discharge, blood clots and hot flushes were shown for women taking anastrozole compared with tamoxifen. However, muscular

skeletal problems and fractures were greater in women treated with anastrozole.

*NB: Aromatase inhibitors are only recommended for post-menopausal women with receptor-positive tumours. They are unable to block the products of oestrogen in pre-menopausal women, unless there is concurrent ovarian suppression.*

### PBS status

Letrozole, exemestane and anastrozole are listed on the Pharmaceutical Benefits Scheme (PBS) only for treatment of **advanced breast cancer** in post-menopausal women with oestrogen receptor positive tumours. Anastrozole has been licensed by the Australian Drug Evaluation Committee for use by post-menopausal women with early breast cancer. The dispensing price is \$217.05 a month.

### BCNA's position

BCNA believes women should have full information, including the evidence and options, about tamoxifen and aromatase inhibitors, so that they can make informed decisions about treatment. Women and clinicians are in the best position to make decisions on the most appropriate treatment and this should be done on an individual basis. Women with contraindications for tamoxifen or side effects from tamoxifen should have easy access to aromatase inhibitors. Further reports of studies are awaited with interest.

Women should discuss with their doctor whether aromatase inhibitors would be beneficial in light of the potential short and long-term effects.

Sue Timbs

BCNA National Policy Manager

# Denice's case may help us all

In a previous issue of *The Beacon* we told you that QBE Insurance had appealed the decision of the Federal Magistrate that it had discriminated against **Denice Bassanelli** in refusing her travel insurance. Great news! Denice was successful in the appeal.

The Federal Court has ruled that the Magistrate was correct in finding that QBE Insurance discriminated against Denice in refusing to grant her travel insurance on any basis because of her metastatic breast cancer.

**Judge Mansfield** found that "QBE applied a decision-making process which was too formulaic or which tended to stereotype Denice by reference to her disability".



*Denice and Michael Bassanelli are jubilant after hearing the good news (Picture: Michael Milnes).*

This decision is important for women with breast cancer. BCNA thanks Denice for her great efforts in taking on this case. The decision has implications for all insurance, not just travel insurance.

BCNA has received many calls from women trying to obtain

trauma and life insurance and we are currently investigating this area.

**Late news:** Just before going to print, Denice informed us that QBE had appealed the Federal Court decision.

We will provide another update when more news is available.

## Fertility hope for cancer patients

The medical journal, *The Lancet*, recently reported that doctors have grown the world's first embryo from frozen human ovary tissue, raising the strongest hopes yet that the technique could be used to restore fertility in cancer patients whose treatment would otherwise irreparably damage their ovaries.

The patient was aged 30 and newly diagnosed with breast cancer when the tissue from her ovary was frozen, and 36 when it was replaced into her abdomen.

Within three months, the transplanted tissue began producing eggs again. An egg was harvested after stimulation with

IVF drugs and mixed with her partner's sperm to create the embryo.

Although the embryo did not result in pregnancy, its creation represents a step in the quest to refine the technique, which has previously only been successful in animals.

The breakthrough was made by **Dr Oktay**, of New York's Centre for Reproductive Medicine and

Infertility, who has previously restored normal hormonal cycles in women who have undergone a hysterectomy by grafting sections of their ovaries under the skin of their arms.

Sydney medical oncologist and a member of BCNA's Medical and Scientific Reference Group, **Dr Fran Boyle**, said that ovarian tissue storage would be most suitable for young, single women whose cancer had a good prognosis.

For those women with a male partner or willing donor, going through an IVF cycle to create embryos for freezing and later transfer was more promising, she said.

**In the middle of difficulty lies opportunity**

*– Albert Einstein*

## Counselling service

The Queensland Cancer Fund (QCF) has launched a free and confidential Cancer Counselling Service for people with cancer and those close to them.

The counselling team are professionally trained and experienced in helping people with cancer.

To access the service or to inquire more about whether the service is suitable for you, phone the **QCF Cancer Helpline** on 131 120.

## R&R not the answer

Academics from the University of Wollongong have challenged the traditional advice given to cancer patients to rest and relax.

They reviewed the international data and concluded that moderate exercise, such as brisk walking, helped with cancer-related bouts of fatigue, anaemia and depression.

"When you are physically active, you increase your cardio-respiratory fitness, the production of red blood cells is stimulated, the amount of oxygen you can absorb into your system goes up and you don't get tired so quickly," said the University's **Professor Iverson**.

Prof. Iverson presented his findings at the recent 18th World Conference on Health Promotion and Health Education. He also said exercise could help cancer patients overcome clinical depression, which affects about 10% of patients, and anaemia, which affects about 30% of patients.

## State Reps meet for annual Think Tank

BCNA was delighted to host a meeting of our State Representatives in April.

This annual get-together is an important opportunity for us to discuss the year's work planned for BCNA.

Individual State Representatives provided updates of their work within their states. As always, we were overwhelmed by the work

carried out by these women across Australia – and all in a voluntary capacity.

In return, BCNA's staff provided a comprehensive update of the National Office's activities.

There are two State Reps for each State and Territory (Victoria has just one representative as it also hosts the National Office). They are a vital cog in the wheels

that keep BCNA turning.

As a national organisation, it is a challenge to ensure that we are heard at a local level and that we have on-going feedback from each of the States. The State Reps help us achieve this.

You can read summaries of the quarterly reports from each State and Territory on pages 12 and 13.



Tasmania's State Reps: Joan Williams and Karen Forster.



Queensland's State Reps: Lyn Moore and Veronica Macauley-Cross

## ACT women help raise our profile

A Breakfast Fashion Parade was held in Canberra to help raise funds for BCNA.

**Ondina Gregoric** from Ondina's Studio and **Gail Lubbock** from Escala Shoes outfitted women in beautiful clothes and shoes chosen to show passion, style and confidence.

They are also both passionate about supporting women with breast cancer and the parade was supported by generous raffle donations.

BCNA Board member, the Hon. **Jocelyn Newman**, spoke about the *My Journey Kit* and local Dragons Abreast paddlers

entertained with the Mammogram Song.

This event was successful because it relied upon inspired women with good networks and support on the ground from BCNA members.



Left to right: ACT State Reps, Anna Wellings Booth and Elspeth Humphries are joined by Gail Lubbock (Escala Shoes), Ondina Gregoric (Ondina's Studio) and the Hon. Jocelyn Newman (BCNA Board Member).

## Letter to the Editor

I was taken to a hospital's emergency section and quickly labelled with a wristband with my name and a red band for allergies.

However, when I asked them whether they had a wristband for LYMPHOEDEMA ALERT they said that I would be given one if I was admitted to the ward.

In the meantime, I was having my blood pressure taken, etc. and although they had on my chart NO RIGHT ARM, I feel that a wristband should have been made available on admission.

As it was, I was having difficulty breathing and talking, and felt I had to be on double alert with regard to my right arm!

I wonder if others have been in this position or whether you are aware of the procedures in other hospitals?

Janet Gold

**Editor's Note:** Pink lymphoedema alert bracelets are available from Merran Hall for 55¢ each (including postage) by phoning (03) 5778 7755 or e-mail [jmhall@bigpond.com](mailto:jmhall@bigpond.com).

## BCNA would like to thank ...

three of our Network supporters, who recently had birthday parties and donated money received in lieu of gifts to BCNA:

- Linda Elliott;
- Russell Burley; and
- Simon Costello.

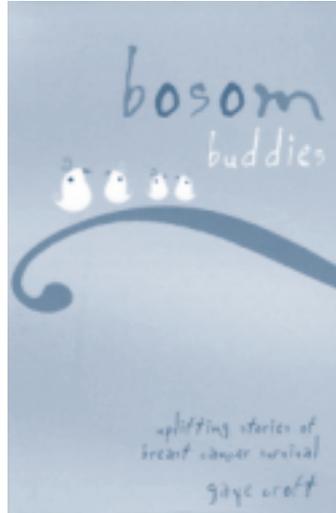
## Bosom Buddies: uplifting stories of breast cancer survival

*Bosom Buddies: uplifting stories of breast cancer survival.* By Gaye Croft, Sandy McLeod, Diane Curtis and Doris Leadbetter. Lothian Books, South Melbourne, 2002. ISBN 0 7344 0330 5.

**Gaye Croft** joins forces with three other breast cancer survivors to celebrate their ability to face life with cancer with smiles on their faces. This they share with their readers, and we know how positive a good chuckle can make us feel.

*Bosom Buddies* highlights various aspects of breast cancer, from diagnosis to treatments, in a readable and humorous style.

There are gorgeous cartoons by **Michelle Mackintosh**, and chapter headings such as *Storm in*



*a D cup, My cups runneth over – Protheses or Making mountains out of molehills – breast reconstruction can give you a chuckle.*

Special 'titbits' (such as, "Your

breasts are an important part of your life. But are they more important *than* your life?") offer little pearls of wisdom to ponder.

The four women write from their personal experiences in an honest forthright style. For an example of their style, see the poem on the right by **Doris Leadbetter**.

An Australian production, this is a good read to lighten the experience of breast cancer.

While we're gaining valuable information and support from their experiences, we're having a good chuckle at the same time.

*Reviewed by Sandra Shively, San Remo Breast Cancer Support Group, Victoria. E-mail shively@nex.net.au*

## One at a time

When I was thirty-nine cancer came and went taking my left breast with it.

I didn't miss it and I wasn't married so he didn't miss it.

I took my time finding a false one (breast, that is, not husband).

I tried a sheepskin breast; it scattered gravel on a parquet floor.

I thought of buying a birdseed one but had images of magpies pursuing me down the street with Alfred Hitchcock.

I settled for a plastic breast: French, sexy, chic.

Two years later I married and he thought single-breasted wives as fashionable as his double-breasted suits.

Twenty-five years on the other breast went to the same cause.

No longer did I struggle to balance plastic with person as the weight went on (plastic breasts never need to diet).

Now at last I was flat-chested like Audrey Hepburn like the Duchess of Windsor (no woman can be too flat-chested).

Now I wear t-shirts tank tops skinny ribs my husband's shirts.

and I don't bounce on my bicycle.

*Doris Leadbetter*

## BCNA women chosen for Project LEAD

We are delighted to announce that two of BCNA's key members, **Pam Bell** and **Maryanne Maher** from Sydney, have been chosen to attend the International Project LEAD training course in Spain this June.

Pam and Maryanne represent BCNA on the National Breast Cancer Foundation's Research Advisory Committee and play a key role in assisting the Foundation with its annual process to select successful applicants for breast cancer research funding.

Project LEAD has been running in the US for a number of years and offers high-level training to breast cancer survivors keen to



*Pam Bell*

be actively involved in the research process. This is the first time the course will be offered outside the US and both women have been offered scholarships by the US National Breast Cancer Coalition.



*Maryanne Maher*

Congratulations to Maryanne and Pam.

We are sure they will bring back knowledge, skills and experience that will enable them to represent us even more effectively!



# Profiling our member groups

## Breast Cancer Foundation of WA

*The Breast Cancer Foundation of Western Australia Inc. (BCFWA) was founded in June 2000 with the aim of improving the quality of life for women living with breast cancer.*

It is managed by a voluntary board of directors dedicated to achieving its aims and objectives. **Ros Worthington OAM** is its co-founder/chairperson. Many volunteers and members of its Board are breast cancer survivors.

The Foundation is very much in touch with the WA community and its changing needs. This has resulted in the establishment of special interest support groups for women with breast cancer to cater for the needs of various sections of the community, e.g. Under 40s; Indigenous; Partners and Husbands; and Self-help.

BCFWA has produced magazines with inspirational stories from survivors, ideas and information from specialist doctors, etc.



*Left to right: Robyn Bogdanis, Pat Manners (secretary) and Ros Worthington (chairperson and co-founder)*

In August 2003, the Foundation held a street appeal to the backdrop of a huge canopy of bras (dyed purple by the board) strung across Forrest Chase in the Perth. Women donated their unwanted bras and Jiffy Foods donated \$1 for each one collected. This raised \$21,600.

In September, the Foundation held its second ball, which was another success story and enjoyed by all who attended.

On Australia's Breast Cancer

Day, our Chairperson, Ros Worthington, was invited to speak to Aboriginal and Torres Strait Island women. BCFWA's Indigenous representative, **Lexie Councillor**, stood beside Ros and shared her story about breast cancer with more than 100 women. Lexie sharing her story publicly meant the start of a process to remove some of the fears and concerns for Indigenous women with breast cancer. These meetings will be held regularly from now on.

The Foundation's web page – [www.breastcancer.org.au](http://www.breastcancer.org.au) – was introduced 12 months ago to provide an opportunity for Western Australians to have information on breast cancer and the services available in their state.

BCFWA is thrilled to be under BCNA's umbrella. Together we all can make a difference.

*Pat Manners*

## NSW rural information tour

We would like to bring to *The Beacon* readers' attention an upcoming trip planned by members of the Illawarra Breast Cancer Support Group (IBCSG) and myself from 30 July to 6 August, 2004, to rural NSW.

Two years ago we set off in our bus to visit some of the smaller groups in NSW, who we felt were disadvantaged due to the lack of information resources and without access to a Breast Care Nurse (BCN).

At that time we were extremely well received, our members bringing inspiration, as well as giving the rural women an opportunity to test my skills as a BCN.

This year we plan to repeat the exercise and have been invited to spend time at Griffith, Cowra, Lithgow and Dubbo, so far.

If there are other groups who would like the opportunity to have us visit their group while we are in the vicinity, we would be happy to hear from you.

I can be contacted by phone on (02) 4295 8219 or by e-mail at [SwiftG@iahs.nsw.gov.au](mailto:SwiftG@iahs.nsw.gov.au).

Our support group in the Illawarra is a large, energetic and inspirational group which would like to share and help others in this way.

There would be about 12 in our visiting group. The visit would be free, with expenses covered by our Illawarra Group.

*Sr Gloria Swift  
Clinical Nursing Consultant,  
Oncology  
Breast Care Nurse*

## Long-term effects for young cancer sufferers

**Dr Lonneke Van de Poll-Franse**, of the Comprehensive Cancer Centre South in Eindhoven, Holland, has told a conference that young breast cancer survivors suffer from more long-term physical and emotional side-effects than older patients and could benefit from specialist programs.

Ten years after being diagnosed, older women report fewer problems and require less care

than their younger counterparts, the Dutch scientist said.

"Looking at fatigue, for example, only 4% of women who were 50 and over when diagnosed were still reporting it 10 years later, whereas among younger women 22% were still having problems with tiredness," Dr Van de Poll-Franse said.

In a survey of 183 breast cancer survivors, 44% of older women complained of side effects such

as arm problems, compared to 71% of younger survivors, regardless of the amount of chemotherapy they had received.

"We don't know for certain why this is, but think it is most likely to be related to the fact that women over 50 are nearer the end of their working lives, with more time to spend on themselves and on maintaining their family relationships," said Dr Van de Poll-Franse.



# Dragons Abreast

The National Titles were held in Perth over the Easter weekend and we were especially pleased to welcome **Jan Ross**, who was representing the Port Lincoln women.

The Dragons Abreast Challenge saw **The Amazons** from WA, **Inspiration**, a composite team, and **Pink Passion**, made up of women from Sydney and the NSW Central Coast, competing in a 250 metre race. Pink Passion was the winner and we thank **Melanie Cantwell**, the President of Dragon Boats NSW for supporting all the Pink Ladies.

**Jan Skorich, Vivienne Gregg, Margot Case** and **Anne Gates** deserve a huge pat on the back for all their organisational effort. **Yvette Libregts** must be congratulated for bringing together a WA crew in such a short time frame – they put in a marvellous effort and looked great on the water.

For those experiencing the Flowers on the Water ceremony for the first time, it was, as always, an emotional and powerful experience.



*Vivienne Gregg (Armidale), Claire McConghy (NSW Central Coast), Yvette Libregts (WA) and Pru Menzies (Melbourne) get together at the National Titles in Perth.*

WA has been touched by the magic that is unique to Dragons Abreast.

The next major paddling event on the calendar will be in Shanghai in October 2004. This will be followed by the 10th anniversary celebration of the founding of Abreast in a Boat, to be held in Canada in June 2005. For further information on either of these events, contact your local Dragons Abreast co-ordinator or me.

I would encourage all paddlers, if able, to attend the 'Still Making a Difference' Conference in Melbourne, especially as it was at the first Conference held in Canberra in 1998 that the idea for the group that is now Dragons Abreast was born.

*Michelle Hanton,  
National Co-ordinator,  
e-mail: [nationalcoordinator@dragonsabreast.com.au](mailto:nationalcoordinator@dragonsabreast.com.au) or  
[www.dragonsabreast.com.au](http://www.dragonsabreast.com.au)*

## You're not yet on our mailing list?

Phone (03) 9805 2500 or 1800 500 258 (free call), or fax (03) 9805 2599, e-mail [beacon@bcna.org.au](mailto:beacon@bcna.org.au) or fill in this coupon and send it to: Breast Cancer Network Australia, 293 Camberwell Road, Camberwell, Victoria 3124.

Name: .....

Address: .....

..... State: ..... Postcode: .....

Phone: ( ) ..... E-mail: .....

Have you had a diagnosis of breast cancer?  Yes  No



## Seeking shelter

BCNA welcomes the:

- Grafton Breast Cancer Day Support Group (NSW); and
- Cancer Support Group, Goondiwindi (Qld).

under its national umbrella.

This brings our total to 111 member groups and 6 associate member groups.

## A pink lady goes green

We have been liaising recently with the Action Breast Cancer Group in Ireland which is hoping to run a *Field of Women*.

We were able to e-mail the group the comprehensive guidelines that we have been building on each year since our first *Field of Women* in 1998. We also mailed them a pink lady silhouette so that they could begin to explore options for producing the silhouette.

We received a lovely e-mail from **Jennifer Nestor** in Dublin thanking us for the terrific information about planning a *Field of Women* and the following note: "The pink lady has landed! She arrived today with a big sticker across the envelope saying 'Delayed for compliance with aviation security regulations!'".



# State Reports

## ACT

April's highlight was the Breakfast Fashion Parade organised by Ondina Studio and Escala Shoes. It raised \$1500 for BCNA (see page 8).

We met in March with **Senators Trish Crossin and Marise Payne**, who chair the Parliamentary Breast Cancer Support Group. They see their role as disseminating information through their networks and will help publicise the *My Journey Kits* and the Library Project.

In February, **Elsbeth Humphries** represented BCNA at the *Medicines Australia* dinner at Parliament House, which was addressed by the Prime Minister.

In March, Elspeth attended the National Breast Cancer Foundation's 10th Anniversary Launch at Parliament House and BCNA members volunteered as helpers. We also organised a meeting of BCNA advocates, which was attended by about 20 women. It was a good opportunity for us to catch up on what everyone was doing, to discuss how to promote BCNA initiatives and to plan events centred around this year's breast cancer month. We particularly want to encourage member groups to participate in our *Mini-Field of Women*. There will be another meeting in July.

*Anna Wellings Booth, (02) 6247 8470 or wbfamily@homemail.com.au, and Elspeth Humphries, (02) 6239 6344 or humphries44@ozemail.com.au*

## NSW

Much is happening in NSW by way of research and educational activities. The Cancer Council NSW has announced the next round of grants to fund clinical trials and the College of Nursing Australia has developed a post-graduate distance education package for breast care nurses.

The University of Sydney and UTS have both asked us for breast cancer survivors prepared to talk to their students from a consumer perspective.

The Encore exercise program for women recovering from breast cancer also relies on consumer feedback to develop its network across NSW and other States.

Groups such as the Illawarra Breast Cancer Support Group (IBCSG), offer a much-needed service in rural areas, providing information and proving that life after breast cancer can be fun! The IBCSG has started a tap dancing troupe, walking groups and aqua aerobic classes.

Breast Cancer Action Group NSW is gearing up for BCAG's 10th Big Birthday Bash.

Finally, congratulations to Sydney's Dragons Abreast team which, under the direction of **Margot Case** and her committee, is winning medals and cups, and showing that upper body exercise needn't be feared by breast cancer survivors.

*Pam Bell, (02) 9955 9313 or bellpc@bigpond.net.au, and Megan James, (02) 9440 0373 or mjames@globalswitch.com*

## Northern Territory

In February, Northern Territory Breast Cancer Voice (NTBCV) facilitated an information evening for newly diagnosed women to learn about the work of BCNA and NTBCV. Our guest was **Roz Hill** from 'Caring for You'.

**Michelle Hanton, Judy Smith, Pat Hancock and Susan Tulley** attended a workshop about the National Service Improvement Framework for Cancer.

The National Breast Cancer Foundation's 10th anniversary fundraising campaign on March 10 was attended by many local dignitaries, including **Nerys Evans**, the Administrator's wife and new NTBCV Patron.

**Michelle Hanton and Pauline Deslandes** attended the launch of the Darwin Entertainment Centre's new season at which the Administrator, **Ted Egan**, announced The Administrator's Pleasure Concert, an annual event that will raise funds for breast cancer research. It is anticipated the event will raise more than \$25,000.

Susan Tulley attended a public meeting to discuss the viability of a radiotherapy unit in Darwin.

In May, a supporter provided space for a combined NTBCV and Dragons Abreast NT office in the Darwin CBD. This will enhance our public profile and give us all more space at home!

*Michelle Hanton, (08) 8941 8923 or hanton@ozemail.com.au, and Susan Tulley, (08) 8927 3327 or tullynt@msn.com.au*

## Queensland

BCNA's Queensland Committee has held two meetings this year and both were attended by BCNA Board Member, **Dr Cherrell Hirst**. Our major project for 2004 is to bring the Warrior Women mixed media exhibition to Brisbane, hopefully in October.

Everyone is invited to attend our meetings and women in rural and regional Queensland can join by mail or e-mail. For more information, contact the State Reps. Welcome to **Jurina**, from the Caboolture Support Group, who attended our last meeting.

**Lyn Moore** attended a Women in Management lunch organised by **Cath Healy** and they kindly donated the funds raised to BCNA.

Our third annual theatre night was on June 3 at Gail Wiltshire's Twelfth Night Theatre. This year, it was *Dad's Army* with **Jon English** and a fantastic cast. We all had a great laugh and the partners always seem to enjoy it too.

We want as many Queensland women as possible to attend the 2nd National Breast Cancer Conference for Women, August 27-29. We have tentatively booked some two-bedroom apartments with kitchen facilities, four share, within walking distance or a short tram ride of the Conference Centre. The cost will be about \$50 per person, per night. Contact the State Reps for more information.

*Veronica Macaulay-Cross, (07) 3269 8083 or vonphil@bigpond.net.au, and Lyn Moore, (07) 3822 5468 or lyn.moore@bigpond.com*

These reports are extracts of comprehensive quarterly reports written by our State Representatives. The complete reports can be found on our website – [www.bcna.org.au](http://www.bcna.org.au). Our State Representatives are always happy to hear from readers or to promote activities within the state. Just give them a call!

## South Australia

We are pleased to announce a second State Rep in South Australia. We welcome **Jan Davies** to the position and know she will work well with our other Rep, **Deb Martin**.

Jan was diagnosed with breast cancer four years ago and has been active ever since helping others through their breast cancer experience.

She is retired and living in the Adelaide Hills but keeps herself very busy. As well as being a Cancer Council volunteer, she co-ordinates the Warriors Abreast Dragon Boat Team in Adelaide. She has also been a Relay for Life captain and a volunteer with the Balhara Centre.

We are delighted to have Jan on board as our second South Australian State Rep.

Contact details for SA State Reps: **Jan Davies**, (08) 8388 4825 or [jandavies@adam.com.au](mailto:jandavies@adam.com.au), and **Deb Martin**, (08) 8241 1804 or [d.martin@senet.com.au](mailto:d.martin@senet.com.au)



New SA State Rep, **Jan Davies** (centre) with the Northern Territory State Reps, **Susan Tulley** and **Michelle Hanton**.

## Tasmania

Over the summer months, Tasmanian members have been active in breast cancer advocacy. As State Reps, we provided feedback to the Strengthening Support for Women with Breast Cancer Project as it draws to a close. Other members provided feedback to the National Breast Cancer Centre's review of co-ordinated care and a local representative attended the National Service Improvement Framework for Cancer's Hobart consultation group.

Following the *Field of Women*, a representative spoke to both the Hobart Rotary Club and the State Executive of Guides Tasmania. Many members also attended the National Breast Cancer Foundation's breakfast in Hobart to launch its 10th anniversary year.

It is pleasing to note that a new support group has formed in the Hobart area. This group plans to meet monthly at the Hobart Women's Health Centre and will hopefully become a BCNA member group.

It is with sadness that we advise that a loyal and long-serving member of Tasmania Breast Cancer Network, **Elizabeth (Beth) Batchelor** died on April 1. Tasmanian BCNA members joined Beth's family and friends at a thanksgiving service for her life on April 7 at the Pilgrim Uniting Church in Launceston.

**Joan Williams**, (03) 6424 5886 or [gwilliams44@vtown.com.au](mailto:gwilliams44@vtown.com.au), and **Karen Forster**, (03) 6273 4422 or [dforster@vtown.com.au](mailto:dforster@vtown.com.au)

## Victoria

We are preparing for the Breast Cancer Action Group's (BCAG) 10th Anniversary Party at the Melbourne Town Hall on June 20.

In the morning, Victorian and interstate speakers will reflect on BCAG's formation and achievements. The afternoon will explore women's experiences with breast cancer through a drama performance using puppets, women and voices.

If you have memorabilia, photos or stories about BCAG, e-mail **Sue Lockwood** at [lockwood@bigpond.com](mailto:lockwood@bigpond.com) or phone (03) 9878 0736. To volunteer as a performer or helper, phone **Mary Macheras-Magias** on (03) 9807 3964.

With the launch of the *My Journey Kit*, BCNA has a higher profile and *The Beacon* has many new readers, so following are some important contact details for women in Victoria:

**BreaCan**, the drop-in breast cancer resource centre at 123 Lonsdale Street, Melbourne, phone (03) 9664 9333, e-mail [breacan@whv.org.au](mailto:breacan@whv.org.au) or visit [www.whv.org.au/breacan.htm](http://www.whv.org.au/breacan.htm).

If you are interested in joining a dragon boat team, phone **Pru Menzies** on (03) 9570 4896 or visit [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au).

Victorians willing and able to hold a *Mini-Field of Women* on Australia's Breast Cancer Day, October 25, should phone **Rebecca Montgomery** at the BCNA office on 1800 500 258.

**Gerda Evans**, [gerda@bigpond.net.au](mailto:gerda@bigpond.net.au)

## Western Australia

We want to encourage as many WA women as possible to attend the 2nd National Breast Cancer Conference for Women. Please phone, e-mail or write if you intend going, so that we can form a WA contingent.

Action on Breast Cancer (AoBC) has again sponsored the training of WA nurses through the Specialist Breast Care Nurse tertiary course at Edith Cowan University. Two nurses were sponsored by AoBC directly and we obtained funding for a third through the Breast Cancer Foundation. Sponsorship is a priority for AoBC, so please contact us if you would like to help raise funds or have any fundraising ideas.

We are lobbying politicians for a permanent breast screen unit in Rockingham. This would benefit the area's growing population and free the current mobile unit to visit other outlying areas.

AoBC, through a dedicated member, Margaret, has researched and lobbied politicians about the lack of Consumer Medicine Information (CMI) for prescription medicines, such as tamoxifen. Margaret's tireless work has resulted in support and action from the Pharmaceutical Council, the Arthritis Foundation and the Health Consumers' Council in WA to correct and monitor the problem.

**Maria Waters**, (08) 9344 7362 or [alma.waters@bigpond.com](mailto:alma.waters@bigpond.com), and **Carol Bishop**, (08) 9205 1018 or [carolbishop@inet.net.au](mailto:carolbishop@inet.net.au)



# Upcoming Events

**June 20:** Breast Cancer Action Group's 10th Birthday Bash, Melbourne Town Hall, 10am to 4.30pm.

Contact: RSVP by 11 June to BCAG voicemail on phone (03) 9517 2331.

**June 23:** 'Feel Good Gentle Exercise Program for Women with Breast Cancer', 10.30-11.30am. [Other programs on **7 July** and **21 July**] and 'Nutrition and Cancer – What do you want to know?' at BreaCan, 123 Lonsdale Street, Melbourne.

Contact: (03) 9664 9333 or [brecan@whv.org.au](mailto:brecan@whv.org.au).

**June 24:** Caloundra Breast Cancer Circle, 7.30pm at Dove House, West Terrace.

Contact: Judy Irvine, (07) 5491 1479.

**June 26:** Tasmanian Breast Cancer Network Meeting, Campbell Town Fire Station, 10am to 3pm.

Contact: Joan Williams (03) 6424 5886 or Karen Forster (03) 6273 4422.

**June 29:** Illawarra Breast Cancer Support Group's (IBCSG) 'Look Good, Feel Better' workshop at the Cancer Care Centre, Wollongong, 10am-12.30pm.

Contact: Cancer Care Centre, (02) 4222 5200.

**July 7:** What it means to have a family history of breast cancer, BreaCan, 123 Lonsdale Street, Melbourne, 12-1.30pm.

Contact: (03) 9664 9333 or [brecan@whv.org.au](mailto:brecan@whv.org.au).

**July 7:** Gympie Breast Cancer Support group, 10.30am, Women's Health Centre, topic 'Role of Queensland Cancer Fund'.

Contact: Gympie Women's Health Centre, (07) 5483 6588.

**July 17:** Sydney Breast Cancer Trials Symposium's Consumer Forum, Sydney Convention and Exhibition Centre.

Register on-line at [www.sbcts.org](http://www.sbcts.org) or phone the SBCTS Secretariat on (02) 9241 1478.

**July 21:** Lymphoedema: What is it, how's it treated and what's available?, BreaCan, 123 Lonsdale Street, Melbourne, 12-1.30pm.

Contact (03) 9664 9333 or [brecan@whv.org.au](mailto:brecan@whv.org.au).

**July 24:** Think Pink Ball 2004, National Gallery Victoria, Melbourne, 7pm. \$205 a head. Funds raised for The Cancer Council Victoria.

Contact: 1300 656 585 or [Megan.Potter@cancervic.org.au](mailto:Megan.Potter@cancervic.org.au). For credit card bookings, phone (03) 9635 5321.

**July 24:** Petrea King Workshop, 10am-4pm, Wesley Choices, Wesley Hospital auditorium, Auchenflower. \$10.

Contact: Leonie (07) 3232 7596 or Janine 0417 622 652.

**August 21:** Kids Space Indoor Play Centre BCNA fundraiser, Moorabbin.

Contact: Linda (03) 9706 2280 or [lindajelliott@hotmail.com](mailto:lindajelliott@hotmail.com).

**August 21:** Third Breast Cancer Foundation of WA Ball, Burswood International Resort Casino.

Contact: Pat Manners (08) 9324 3703 or [pmanners@inet.net.au](mailto:pmanners@inet.net.au).

**August 22-27:** BCNA's Pink Ladies Golf Classic 2004, Hyatt Sanctuary Cove Resort.

Contact: Jacinta Moore (03) 9500 8954 or [jacintam@bigpond.net.au](mailto:jacintam@bigpond.net.au)

**August 27-29:** Australia's 2nd National Breast Cancer Conference for Women, Melbourne Convention Centre.

Contact: BCNA 1800 500 258 or [www.bcna.org.au](http://www.bcna.org.au).

**September 24:** Breast Cancer Foundation of WA 'Bras Across the Chase' and street appeal.

Contact: Pat Manners (08) 9324 3703 or [pmanners@inet.net.au](mailto:pmanners@inet.net.au).

**October 2:** Glitter Ball, 7pm, Plaza Ballroom, 191 Collins Street, Melbourne. Funds raised for My Journey Kit.

Contact: Lee Bradford (03) 9844 5446 or 0419 404 495.

**October 24/25:** Mini-Fields of Women 2004, nation-wide.

Contact: Bec Montgomery (03) 9805 2500 or 1800 500 258.

**October 25:** Australia's Breast Cancer Day.

**November 14:** Leura V International Breast Cancer Conference's Public Forum, Sydney Convention and Exhibition Centre.

Contact: Conference Manager (02) 9248 0800 or [www.bci.org.au](http://www.bci.org.au).

**There are other locally based events happening around Australia, but too many to list here. Readers can learn about these by logging on to Upcoming Events on our website [www.bcna.org.au](http://www.bcna.org.au).**



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The  
My Journey Kit  
Request  
Hotline  
**1300 785 562**



the **BEACON**

The Beacon is the magazine of Breast Cancer Network Australia.

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free call 1800 500 258,  
(03) 9805 2500 or  
[beacon@bcna.org.au](mailto:beacon@bcna.org.au)

Layout: Substitution

Your comments and items for the next issue are welcome. Send them to  
BCNA  
293 Camberwell Road,  
Camberwell, Victoria 3124

# Conference Update

## Still making a difference

Australia's 2nd National Breast Cancer Conference for Women  
27-29 August 2004

Melbourne Convention Centre,  
Cnr Flinders and Spencer Streets,  
Melbourne

Our Conference plans are well under way and we were thrilled to receive so many of your registrations in the first month. Even more exciting is that we have received registrations from

every State and Territory, and even some of our friends from New Zealand are making the trip to Melbourne.

We have heard on the grapevine that there are many more of you planning to attend. We urge you to complete your registration form as soon as possible.

Not only will this guarantee you a place at what will be an informative, empowering and exciting three days, it will really assist us enormously in our Conference planning.

As well as large group sessions we have included a number of smaller breakout ones. These will be limited and will be allocated according to when we receive your registration.

The earlier you register, the better your chance of being part of the breakout sessions of your choice.

Workshop and Presentation session details will be distributed to delegates closer to the Conference so that preferences can be nominated.

## Pink, pink and more pink!

Evening Celebration  
Friday 27 August, 6-10pm

Join us for a celebration like no other. This is an occasion for you to come together with fellow breast cancer survivors to enjoy a chat, a laugh and a boogie on the dance floor.

We will take you directly to the venue after the conclusion of Friday's Conference session. Once there, you will enjoy a meal and drinks. It's also the perfect opportunity for you to mingle and a chance to strengthen links made with other women from earlier on in the day.

Don't miss out on what will be a fabulous 'celebration of life'. Record your intention to attend and include your payment when you fill out the registration form.

## Billet program

If any of our Melbourne-based readers have any room to spare for an interstate or country guest, please contact:

- Alison Greenland,  
alisonmae28@yahoo.com.au  
or phone (03) 9439 6025; or
- Heather Beanland,  
d.beanland@rmit.edu.au or  
phone (03) 9415 6279

If you would like to be billeted in Melbourne during the Conference, you should also contact Alison or Heather.

## Conference enquiries

Felicia Busuttil, (03) 9805 2509,  
toll free 1800 500 258 or e-mail  
conference@bcna.org.au

For the latest Conference information visit [www.bcna.org.au](http://www.bcna.org.au).

## Conference Program (Correct at time of printing)

DAY 1 – Friday 27 August		DAY 2 – Saturday 28 August		DAY 3 – Sunday 29 August	
Registrations from 8.15am					
9am start		9am start		9am start	
Breast cancer today		Clinical progress <i>Then, now, next ...</i>		The genetics hypothetical <i>Led by Julie McCrossin</i>	
Morning tea		Morning tea		Morning tea	
Global action <i>Women use their voices</i>		The hormones are jumping!		The emotional journey	
Lunch		Lunch		Lunch	
National progress <i>An update on national breast cancer initiatives</i>	M.A.D workshop sessions <i>8 breakout sessions</i>	Trials and tribulations <i>Clinical trials in breast cancer</i>	Presentation sessions <i>6 breakout sessions</i>	So what is the <i>difference</i> & what role can you play?	
Afternoon tea		Afternoon tea		3pm close	
BCNA working for you	M.A.D workshop sessions <i>8 breakout sessions</i>	Thinking outside the square <i>Complementary Therapies</i>	Presentation sessions <i>6 breakout sessions</i>		
Recap		State sessions <i>Meet your BCNA State Reps and others attending from your State/Territory</i>			
5pm close		5pm close			
Evening Celebration					



Australian Government  
Department of Health and Ageing

Special thanks  
to the Conference's  
two major sponsors



an initiative of the Victorian Department of Human Services

